



M&J GROUP
CONSTRUCTION & ROOFING

TOOLBOX TALKS

#83 | Manual Handling Training



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TOOL BOX TALK: #82 MANUAL HANDLING

REASON Every year, a significant proportion of all injuries at work are caused by manual handling.

WHY If you get it wrong today you will suffer the consequences tomorrow.

OUTLINE This talk covers considerations and good techniques for manual handling.

CONSIDERATIONS

- Always use mechanical aids instead of manual handling if possible (such as forklifts or pallet trucks).
- Know your capabilities and only tackle jobs you can handle, otherwise seek help.
- Check if there is a clear walkway with good lighting to the work area.
- Where possible, establish the weight of the load before starting to lift.
- Wear gloves to protect against cuts and safety boots to protect against falling loads.
- Carry out a trial lift by rocking the load from side to side, then try lifting it a small way to get a feel for it.

GOOD HANDLING TECHNIQUES

- Stand reasonably close to the load, feet hip-width apart, one foot slightly forward pointing in the direction you're going.
- Flex your knees and slightly curve your back (avoid stooping or a deep squat when starting a lift).
- Get a secure grip on the load.
- A good lifting technique uses the strong muscles in your legs.
- Keep the load close to your body but don't carry a load that obscures your vision.



- Lift slowly and smoothly, avoid jerky movements.
- Avoid twisting your body when lifting or carrying a load.
- When lifting to a height from the floor, do it in two stages if possible.
- When two or more people lift a load, one person must give directions to co-ordinate the lift.

DO YOU HAVE ANY QUESTIONS FOR ME?

Do you have any further questions? *Ask them now & make notes here.*

**THERE IS NO SUCH THING AS AN ACCIDENT
SOMEONE, SOMEWHERE DID SOMETHING TO CAUSE IT.**

Presented by : _____ Date _____

Presented to : _____ Signature _____